

Rowing Australia Benchmarks

		Heavyweight Male				Heavyweight Female				
		U19	Under 21	U23	Senior A	U19	Under 21	U23	Senior A	
Laboratory BM's Ergometer BMs (mm:ss.s, watts)	4 min Max (m)	Benchmark	1300	1336	1363	1390	1112	1139	1166	1200
	2000m (mm:ss.s)	Benchmark	06:08.0	06:00.0	05:58.0	05:48.0	07:05.0	07:00.0	06:55.0	06:39.0
	2000m (W)	Benchmark	449	480	488	532	292	302	313	353
	5000m (mm:ss.s)	Benchmark	16:24.0	16:13.0	15:57.0	15:30.0	18:40.0	18:25.3	18:12.0	17:39.0
	5000m (W)	Benchmark	367	380	399	435	249	259	269	295
	6000m (mm:ss.s US athletes only)	Benchmark	19:52.7	19:39.4	19:20.0	18:47.3	22:37.5	22:19.7	22:03.6	21:26.1
	6000m (W)	Benchmark	356	369	387	422	242	252	261	284
	30 min Ropen (m)	Benchmark	8950	9140	9300	9525	7950	8100	8200	8400
	30 min Ropen (W)	Benchmark	344	367	386	415	241	255	265	285
	30 min R20 (m)	Benchmark	8500	8700	8900	9100	7800	7900	8000	8100
	30 min R20 (W)	Benchmark	295	316	339	363	229	238	247	256

Biomechanic Standards	Stroke Length (deg)	Sweep	88° - 90°			>90°	
		Scull	108° - 110°			>110°	
	Catch Angle (deg)	Sweep	-59° ± 1°			-57° ± 1°	
		Scull	-69° ± 1°			-67° ± 1°	
	Finish Angle (deg)	Sweep	33° ± 1°			33° ± 1°	
	Scull	43° ± 1°		43° ± 1°			
Catch/Finish Slip (deg)	Sweep	4° / 6°		4° / 6°			
	Scull	4° / 6°		4° / 6°			